



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09121, Grapefruit, sections, canned, light syrup pack, solids and liquids

Report Date: June 30, 2017 10:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	83.59	14	0.210	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	60	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	251	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	0.56	14	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.10	14	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.31	14	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	15.44	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Sugars, total	g	15.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Minerals													
Calcium, Ca	mg	14	14	1.012	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.40	14	0.030	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	10	14	0.378	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	10	14	0.257	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	129	14	2.456	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	2	14	0.194	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.08	14	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.066	14	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	21.3	14	0.549	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Thiamin	mg	0.038	14	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.020	14	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.243	14	0.014	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.120	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	9	3	2.588	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	9	3	2.588	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	5.1	--	--	--	--	--	--	--	--	Calculated or imputed	09112	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.09	--	--	--	--	--	--	--	--	Calculated or imputed	09112	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	09112	01/2003
Lipids													
Fatty acids, total saturated	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan 1 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Threonine 1 2	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Isoleucine 1 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Leucine 1 2	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Lysine 1 2	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Methionine 1 2	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Cystine 1 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Phenylalanine 2	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Tyrosine 1 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine 1 2	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Arginine 1 2	g	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Histidine 1 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Alanine 1 2	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Aspartic acid 1 2	g	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Glutamic acid 1 2	g	0.143	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Glycine 1 2	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Proline 1 2	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Serine 1 2	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5e, 2001 Beltsville MD